



Linked in Friendship, Connected in Service

**The Links, Incorporated
HeartLinks Signature Program
Annual Walk for Healthy Living – 25th Year
75 Million Steps Challenge
2020-2022 Program Year**

The Walk for Healthy Living and the 75 Million Steps Challenge are both interconnected and promote the benefits of exercise and healthy lifestyles to overall health. The 75 Million Steps Challenge encourages members to walk 5,000 steps a day. Track your steps!

On Saturday, September 26, 2020, all Links, family, friends, and partners will MOVE!

The novel coronavirus pandemic has gripped the nation and the world. Different federal, state, and local shelter-in-place/stay-at-home orders exist, with varying restrictions regarding the numbers allowed to gather. Knowledge regarding the coronavirus infection and disease evolves daily. All Walk for Healthy Living events must adapt to the challenges of the pandemic so that participants are safe. **The Walk for Healthy Living promotes the benefits of daily exercise and healthy lifestyles to overall health.** Wear your official Walk for Healthy Living T-shirt and Links paraphernalia.



Wear a Mask. Stay 6 Feet Apart.

As a national activity, chapters have the opportunity to plan a virtual walk or exercise activity. Select an online platform (e.g., Instagram Live, Google Meet, Zoom) to allow participation and group interaction for little to no cost. <https://help.instagram.com/>; <https://gsuite.google.com/products/meet/>; <https://zoom.us/>. Other chapter options are a walk at an outdoor venue in small groups with walkers using face coverings, adhering to social distancing and staggered start times for each grouping, with families and household contacts moving together. For a list of exercise activities that you can do at home, see *Home Alone*. For various exercises for adults and children, go to: <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>; <https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

Virtual Publicity

Harness the power of social media to elevate your event to an exciting learning experience!

For information about how to promote the Walk for Healthy Living and the 75 Million Steps Challenge, see *Virtual Communications and Walk for Healthy Living Virtual Publicity*.

Video Messages

(Click computer images to play messages)



Walk for Healthy Living

Link Shari K. Lamb
Co-Chair, HeartLinks Signature Program
Plano North Metroplex (TX) Chapter

75 Million Steps Challenge

Link Roselyn E. Epps, M.D.
Co-Chair, Walk for Healthy Living Signature Program
Metropolitan (DC) Chapter



Social Media Tips

Link Jennifer Donelan
HeartLinks Signature Program and Walk for Healthy
Living Signature Program Committee Member
Potomac (VA) Chapter